



GREEN ENERGY HERBALS



eherbalnewsletter Issue 21 – June/July 2014
Hand preparing organic herbal medicinals since 1992



Our newsletter is 21! That's how many issues we've sent out over the past few years. How time flies taking us all along for the ride. Whether it be as an Aladdin's carpet or an uphill mountain climb depends entirely on our individual needs, desires, wants and dreams.

So with this in mind we have put together a newsy letter that is full of advice to ensure that your hopes and dreams are fulfilled. Enjoy the read.

With thanks to Lois Stahl, Riedwaan Norodien, Gerrard Chaiken and Michele Slabbert; a few fellow travellers, enjoying the journey!

Some reflections on our lives by Gerrard Harris Chaiken

Our lives are journeys, not from the womb to the tomb as the near sighted would proclaim, but from darkness to light, where the passage of time unfolds for us the hidden patterns of beauty, of order, of change and rearrangement, around the central axis of our Self, the still point of the turning wheel.

Meetings and greetings, departures, and returnings, death and rebirth, a never ending cycle of recycling, of resurrection, of consolidation and crystallisation, which takes on different forms at different times, around that central core of the unchanging, the immutable.

The trees of our lives are rooted deeply within the soil of our souls; the branches breathe in the air of earth, and touch the heavens of spirit: we delve and dig down deep to penetrate the unseen, just as we spread our wings and fly, in outer space, in cyberspace, but most of all, in the inner space of our imagination, unlimited, unfettered, unencumbered, free and full of joy at the adventure of our lives, of the sagas of losing and learning and loving and living.

Our individual memories mesh and mingle with our collective memories, and form tapestries of tales that far exceed the wonder and excitement and romance of a thousand -and -one nights: our lives are never-ending-stories unfolding hour by hour, day by day, week by week, month by month, year by year, season after season, when tranquil reflection and review and reverie reveal their dynamics, embedded in the details and the broadest panoramas of our existence: and the genius-genies of our minds, our muses, our mentors, our angels, our friends and family, our lovers, and even our seeming antagonists all contribute to the mosaic of life, that with mindfulness, we behold with wonder and awe and joy.

And finally, "that love is all there is/is all we know of love"- Emily Dickinson's words sound and resound as we grow and flow and flower.

Contact Gerrard on

email: gerrard@upwardspiral.co.za

web pages: www.illumind.co

Tel: 0725502443

Herbs and Crystals with Michele Slabbert

PELARGONIUM TRISTE

Kaneelbol / Naelblom/ Night scented Pelargonium/Rooiwortel

Tuberous rootstock. Flowers yellow with purple-brown blotch on each segment. In the evening the flowers emit a cinnamon or clove like scent. The plant emerges during the early part of May and depending on weather/rain patterns will flower early August.

The tuber is dried and pulverized for use in a decoction for diarrhoea and dysentery, nausea and digestive ailments, and is also used as a vermifuge.

A tincture or tea to assist with bronchial and digestive problems can be made using the leaves of P. Triste with other indigenous herbs such as, Wilde or Klip dagga, Wild Rosemary, Wilde Als and Cape Mistletoe.

In the veldt the leaves can be used to dress sores, when no other aid is available. The leaves should be lightly chewed and applied to the wound.

As the plant is slowly gaining ground on our little piece of earth I have only harvested small quantities at a time. At present I am using the leaves, to which a small amount of rootstock is added. This is added to brandy tinctures used in the preparation of digestive tonics.

Sources: *Common names of S.A. plants. C.A. Smith (1966)*
Eve Palmer – South African Herbal

Amber – nurture yourself



Amber brings us to warmth, drawing the energies of the sun deep into our being. When we feel that warmth and explosion of creativity we feel ready to start the process of nurturing the inner self. Amber is good for those who feel the chill of winter, releasing the depression that the lack of sun often brings.

Amber allows the body to hear itself by absorbing and transmuting negative energy into positive energy, emitting a sunny and bright soothing energy which helps to calm nerves.

Helps remove energy blockages, strengthens physical body. Excellent for enhancing altered states of consciousness.

Amber is a gem stone that helps one to shine and to use ones innate talents and abilities, to bring abundance and prosperity into their life. Amber is claimed to be the gem stone of manifestation.

Amber is the gemstone of Gemini, Leo and Virgo and is excellent to unblock the solar plexus allowing for an abundance of creative energy.

Amber is a stone that should be worn by those with asthma challenges. Stimulates a sluggish digestion and brings energy into the system. Amber is the stone to use when clearing your energy fields.

GUIDELINES TO RELIEVE ASTHMA

With Michele Slabbert

Symptoms of asthma include episodes of wheezing, coughing, shortness of breath, and increased mucous production. Genetics, allergy, environment, infection, emotions, and nutrition all play a role in this disease, which causes inflammation of the airways of the lung. The small airways in the lungs go into spasm (they close off) and get blocked with mucous.

Popular treatments include the antioxidants vitamins C and E, selenium, and zinc. Omega-3 fatty acids from fish, and other supplements are also used to decrease inflammation. Relaxation techniques and yoga may benefit lung function by affecting emotional processes, muscles, and breathing.

Patients with asthma should be considered for allergy testing and aggressive environmental control measures:

- Removal of carpet in the bedroom or over concrete.
- For people who are sensitive to pet allergens, permanent removal of the pet is recommended.
- Keeping the household humidity level at less than 50 percent to control dust mite and fungus growth.
- Removing sources of food and water and using natural insecticides will help control cockroach populations.
- Patients who are sensitive to mould and outdoor air pollution should consider limiting outdoor activities when these levels are high.
- Patients with asthma should avoid exposure to tobacco smoke.

Ensure the bowels are functioning correctly as bowel problems can and do affect the lungs

Treatment is to reduce sensitivity and the aggravated response of the bronchi.

Exercise helps the lungs. Cycling, swimming, running and dancing. **Ensure that the weather is reasonable otherwise other complications can set in. A rainy day is for indoors, a sunny day means cover your head.**

Herbs: Wilde Als, Wilde Dagga, Thyme, Mullein, Horehound, (lung herbs), Siberian ginseng (feeds the adrenals), Echinacea to boost the immune system. Elderflower tea or syrup is good for reducing mucous. **Note: Thyme should only be given 2 to 3 times per week and for not more than 3 weeks at any time.**

Add seeds of anise, cloves, nutmeg or liquorice root to herbal teas as these spices aid in strengthening the body against attacks. **Use one at a time in herbal teas, not all together. Anise is particularly good in aiding digestion. Liquorice root should not be given if there is suspected low blood pressure – this herb reduces blood pressure.**

Take hot and cold showers. Direct the jet of water onto the chest and back, from the shoulders to the waist and directly onto the lungs.

80% of asthmatic children have insufficient hydrochloric acid levels, showing that poor digestion and assimilation may be the root cause of this condition.

A mucous free diet should be followed.

Include 1 to 3 cloves of garlic in the diet daily.

Lobelia herb tincture is good to use (just a few drops at a time) for spasms. It reduces shock, feeds the nerves and gently opens the air sacs. Lobelia is an excellent lung herb.

Meadowsweet keeps hydrochloric acid and pepsin in balance. Mix a 50% herbal tea with 25% apple cider vinegar.

Steams – use essential oils of eucalyptus, tea tree, pine, lemon, fennel and peppermint – these open the bronchi.

These oils can also be sprinkled onto pillows and general bedding in small quantities.

Massage the chest from the collarbone down to the bottom of the rib cage, front and back. A garlic ointment can be used – simply crush a few cloves, mix with Vaseline and rub over the area.

Avoid refined carbohydrates such as processed foods and eat whole grains, GMO free.

A balanced protein intake is vital. Lack of protein will produce symptoms such as allergies, bronchial and nasal congestion, tiredness etc.

Vegetable proteins:

Algae, spinach, broccoli, mushrooms, lettuce, pumpkin.

To ensure correct daily amino acids try these combinations with the vegetable proteins:

½ rice with ½ broad beans

½ sweetcorn with ½ lentil stew

½ barley with ½ green beans

½ rice with ½ sesame seeds

Yoghurt – goat's milk is best otherwise natural GMO free source.

Butter can be eaten in small amounts. Butter is relatively mucous free.

Cheese causes excess mucous build up which tends to clog up the intestines and lungs. Cheese can cause a hydrochloric acid deficiency. If you have to – drink organic milk only.

Calcium rich foods and herbs: nettle leaf, seaweed, kelp, raw almonds (soaked overnight and skin removed), dried figs, fresh parsley, carrot juice, sunflower seeds.

Magnesium rich foods and herbs: Oat straw tea, and all the above under calcium. Turmeric is a good source of magnesium.

Drinks containing high levels of calcium and magnesium:

Coconut – 1 cup grated coconut meat, 2 cups water, and honey to taste (optional). Liquidize & strain.

Cashew Milk – 1 cup cashews, 3 ½ cups water. Liquidize & strain.

Eggs are also mucous forming. Limit intake to 2 to 3 organic eggs a week.

Use corn flour instead of eggs and flour as a thickening agent.

Dress salads with lemon juice not with vinegar.

Finely grate carrots.

Freshly squeezed fruit juices: grape, oranges, grapefruit are some good ones. Carrot juice at least twice per week.

Plenty of fresh raw vegetables daily.

Always check how the asthma attacks occur. This will go a long way in prevention. Very often the attacks are brought on by stress or climatic conditions. A change in residence can cause anxiety and in the case of a child where parents have separated moving between the parents can cause attacks. In this case care should be taken with the child to create understanding of the situation from an aspect the child can understand. Never argue in front of the child. This is guaranteed to bring on an attack. This also applies to adults who are just as susceptible to emotions.

At all times seek professional help should asthma symptoms be severe. Do not attempt to self-medicate, rather practice preventative measures.

Michele Slabbert
Herbalist and Traditional Healer

email: Michele.herbalist@gmail.com

Web pages: www.greenenergyherbals.co.za

Contact Michele for your winter herbals!

NURTURING AND HEALING With LOIS STAHL

Nature and nurture relates to the relative importance of an individual's innate qualities ("nature" in the sense of nativism or innatism) as compared to an individual's personal experiences ("nurture" in the sense of empiricism or behaviourism) in causing individual differences in physical and behavioural traits. The concept embodied in the phrase has been criticized for its binary simplification of two tightly interwoven parameters, as for example an environment of wealth, education, and social privilege are often historically passed to genetic offspring, even though wealth, education, and social privilege are not part of the human biological system, and so cannot be directly attributed to genetics.

Your journey towards health begins by reading and learning as you do not become sick from a lack of medical drugs or treatments! Your health and well-being depends upon you taking charge of your health by harnessing your body's marvellous healing powers. Health is measured by enjoying both Physical & Emotional wellbeing. A solid plan for health is to be fully balanced. It is thought by many if you offer balance within the body, then disease cannot exist. Some have said dis-ease is a condition where the body is not at ease due to stress of inner conditions which result in being out of balance.

Healing Naturally puts You in Control and this is a wonderful feeling. Give your body what it needs to Heal Naturally from Nature and create more balance in your life to stay healthy and whole.

Here are some Truths That are Vital to Your Health:

- "Real" food is medicine! Unprocessed foods direct from nature nourishes your body so it can heal itself.
- Your health is damaged and deteriorated by processed foods, foods that are microwaved or irradiated (zapped with radiation), and foods not properly prepared for human consumption.
- Natural healing and detoxifying reactions created by the body itself are labelled as separate diseases, illnesses, or allergies by the medical industry, who only treat symptoms, which are the "result," and not the "causes."
- The two leading causes of deaths are heart disease and cancer.
- Government agencies, who are charged with protecting "the people", actually protect the medical, drug, and other big industries that support them, and they attack those who threaten such companies. Follow the money!
- Cancer is directly connected with candida (yeast overgrowth), and both candida and cancer are the result of the degeneration of the body. It is estimated that over 70% of all people have candida, including men, women, children, and babies, which is actively and seriously deteriorating their health.

Anxiety: Some of us like to always get to the bottom of the issue and find why we are experiencing anxiety. Working too hard? Worried about finances? More fears? Can't sleep? The key is to find the cause, and reset the nervous system. When we sleep well and feel peaceful, we experience balance. The first stage of balance in the body is to regulate our nervous system, get it out of being stuck in "on". From a place of centeredness we can see our choices better.

Rapid heart-beat, pressure on the chest, or difficulty to breathe, are some of the most common symptoms describing someone who experiences anxiety. Consuming "foods" that also are neurotoxins like MSG, meaning they affect the nervous system, these toxic "food" ingredients are another way of looking at why someone experiences anxiety attacks.

In sufficient quantities glutamic acid is toxic. To those who cannot metabolize it effectively, even small doses act like a poison. Some common symptoms related to glutamic acid are: anxiety attacks, asthma-like symptoms, attention deficit syndrome, bloating, burning. Depending on what's causing your pain, you may be able to do more than you think to help keep it under control. Here are some ways to help ease pain and in particular lower back pain:

Cut Inflammatory Foods: Eating the right foods can help decrease inflammation... But eating the wrong foods can have an even more powerful—and negative—effect on your body. Processed foods, sugars, grain, alcohol, MSG, and other inflammatory edibles may be keeping you from healing properly. And it's most likely your overall diet—not just one particular food is causing problems.

Try a simple elimination diet for two weeks by removing some of the worst offenders. See if it improves your pain. If that's the case, it may be a change worth sticking to.

1. **Exercise:** It may be the last thing you think of doing when you have pain. But if you do it right, exercise can actually help you heal particularly your back. Exercise puts your bones under direct stress. This stress helps make bones stronger. It may even make them bigger and less likely to deteriorate. Exercise also strengthens back muscles. Think of it as adding a solid foundation of support. Sitting down for too long puts stress on your piriformis muscle. Too much of this stress can lead to piriformis syndrome. It shares a lot of common—and painful—symptoms with a slipped disk. It can even cause nerve damage if you don't treat it. But there's a simple solution: Stand up every hour or so for just five minutes. Standing actually takes stress off your back—and your piriformis muscle.

You may already know that tart cherries are a strong anti-inflammatory. They may even help you get gout attacks under control. But the anthocyanin that turns cherries red may be more effective than aspirin at treating pain. You may even be able to decrease C-reactive protein levels—a major marker of inflammation.

Let's face it, these alternatives sure beat mainstream solutions like drugs and surgery. And although you may never be completely free of pain, following these steps can help you prevent it from controlling your life.

OUR UNIQUE BODYTYPE:

Every person has their own particular body shape and type and everywhere you look, your body is doing something unique with every molecule of air, water, and food you take in, guided by its innate tendencies. You have the choice to follow these tendencies or modify them by living in tune with nature—easily, comfortably, and without strain which means respecting your uniqueness, but to recklessly oppose them is unnatural.

Diseases differ mainly because people are so different. Although biology does acknowledge that all of us were born with "biochemical individuality," this has few practical implications in the doctor's office. Biochemical individuality means that no one is average.

At any given moment, your cells and tissues do not contain an average level of oxygen, carbon dioxide, iron, insulin, or vitamin C. Instead, they contain a precise amount unique to that moment, to the physical condition of your body, and to the state of your thoughts and emotions. Your body is a three-dimensional composite of millions of tiny differences, and by learning about them you can make dramatic improvements in your health. At one level, perfect health is a very specific biological phenomenon.

For example some people inherit the tendency to become arthritic, but a bewildering number of things also seem to contribute—hormonal changes, physical and mental stress, diet, lack of exercise, and so on.

THE FIRST STEP—KNOWING YOUR OWN BODY TYPE

There are various systems you can use to know your body type of which Ayurveda is the most known and then there is your blood type.

The first question an Ayurveda doctor asks is not, “What disease does my patient have?” but, “Who is my patient?” By “who” he does not mean your name but how you are constituted. He looks for the tell-tale traits that disclose your body type, also known as your prakriti. This Sanskrit term means “nature”—it is your basic nature he wants to uncover before he turns to your complaints and symptoms.

The Ayurveda body type is like a blueprint outlining the innate tendencies that have been built into your system. A glass of whole milk contains 120 calories, no matter who drinks it, but one person uses those calories mainly to store fat, while another converts most of it into energy; a child’s body extracts lots of calcium to build new bone tissue, while an older person passes the same calcium out through their kidneys which could convert it into a painful kidney stone if their body can no longer deal efficiently with calcium).

By knowing your body type, you can determine which diet, physical activities, and medical therapies should help you and which might do no good or even cause harm. A pizza with extra cheese can be potentially lethal to someone with advanced artery disease, for example—the fat ingested could be the last straw that ruptures one of the deposits of fatty plaque blocking a blood vessel to the heart. Massive heart attacks have resulted from the tiniest of these ruptures. Yet the same pizza would not be as harmful to someone else. Your prakriti—is an invaluable clue to what you should eat.

There are three important reasons why knowing your body type is the first step toward perfect health:

1. The seeds of disease are sown early. It would be hard to find a heart patient in his forties who had not shown some suspicious signs in his twenties. A pathologist examining the arteries of a deceased 20-year-old can see premature streaks of fat that are liable to create a future heart attack. Even 10-year-olds will already be prone either to allergies or to chronic overweight, high cholesterol, or peptic ulcers. But at this age, when incipient disease is easiest to treat and prevent, symptoms are often difficult to read. By understanding body types - and their specific strengths and weaknesses, you can begin to take preventive steps when they do the best, long before overt illness appears.



2. Body types make prevention more specific. Nobody is prone to every disease, yet most of us try to prevent as many as we can—cancer, heart attacks, osteoporosis, and so on—moving uncertainly from one medical scare to the next. If you try to prevent every disease without knowing your particular predisposition, you are stumbling in the dark.

Why do so many adults go around with untreated high blood pressure? Part of the reason is that there is not enough personal connection being made between prevention and the individual who needs it. Heart attacks, cancer, and diabetes happen to specific people, one by one. It only makes sense that prevention must proceed on the same basis.

3. Body types make treatment more accurate once a disease appears. Generalized treatment—prescribing Valium to everyone who is anxious or antacids to everyone who has an ulcer—is a hit-or-miss affair; it assumes that a given disease is the same in all people. But as we have seen, this is not true. According to Ayurveda, three people may feel anxious at three different levels of stress. Their ulcers may result from three different diets, job pressures, or difficulties at home. In effect, they are suffering from three different diseases, all of which happen to travel under the same name. This is true for people who chain-smoke, compulsively overeat, or suffer from allergies and asthma. In all these cases, the Ayurveda body type is remarkably accurate because it can pinpoint what is happening inside each individual.

Finally, knowing your body type is essential to understanding yourself. When you find out what is actually going on inside, you will no longer be bound by society’s notions of what you should be doing, saying, thinking, and feeling. One of the delights of learning about your unique body type is its insight into little things you probably dismiss as idiosyncrasies.

Generally everybody is urged to drink a glass of orange juice in the morning, but some people get heartburn or an upset stomach from it. This is not abnormal; it is a sign that they fall into a specific body type for which the sharp acidic taste of orange juice is not ideal.

A person whose nerves are jangled by a cup of weak coffee is by nature different from someone who downs three cups of black espresso without feeling a thing. When you react to a cup of coffee, cold drafts, criticism from your boss, a love note, or rainy weather, your body type is sending you a signal. It is a very personal signal that you alone can tune in to. If you start to listen to all these signals that are sent to you day by day, minute by minute, you will notice that they affect your moods, behaviour, perceptions, tastes, talents, attraction to other people, and much more.

The phrase “body type” is only a hint at what prakriti means:—it is really your world, the personal reality you generate from the creative core inside. More accurately, we might call your prakriti your “psycho-physiological constitutional type,” a phrase that includes both mind (psyche) and body (physiology). I am avoiding this phrase for the sake of brevity, but it is worth remembering that your physical body type has a mental aspect as well.

Where do body types come from? Everyone has essentially the same kinds of cells and organs, even though genetics may dictate that you were born with blue eyes instead of brown. And despite huge variations from one personality to the next, we also share the same range of emotions.

To find the deeper origin of body types, Ayurveda looks at the meeting point between mind and body. Clearly the two do meet. Every time there is an event in the mind, there is a corresponding event in the body. If a child is afraid of the dark, his fear takes physical shape in the form of adrenaline shooting through his bloodstream. Ayurveda says that this interconnectedness is accomplished at a place sandwiched between mind and body, where thought turns into matter; it is occupied by three operating principles called doshas.

The doshas are unique and extremely important, because they allow the mind's dialogue with the body. All your hopes, fears, dreams, and wishes, along with the faintest wisps of emotion and desire, have left their marks on your physiology—these mental events constantly shape the body as they “talk” to it. For most of us the messages are not as life-supporting as they should be. At some point in our adult lives, the marks of stress and age begin to prevail over those of growth and expansion. If your mind is capable of love and creativity while your body wears out year by year, the doshas need attention.

According to Ayurveda, the reason the downward drag of entropy overcomes the upward pull of evolution lies here: Imbalance in the doshas is the first sign that mind and body are not perfectly coordinated. This is why a poet as brilliant as Keats dies at 26 of tuberculosis and a musical genius on the order of Mozart dies of kidney disease when he is only 35. The mind's genius was not coupled to the body. On the other hand, restoring the doshas opens up the possibility of a mind-body system that is always balanced, always healthy, always evolving.

The three doshas are called **Vata, Pitta, and Kapha**. Although they regulate thousands of separate functions in the mind-body system, they have three basic functions which are:

Vata dosha controls movement.
Pitta dosha controls metabolism.
Kapha dosha controls structure.

Contact Lois Stahl

Reiki Master and Mayan Astrologer

Email: masonwaspstudio@telkomsa.net

Find Lois on Facebook @ : Astro Readings

Tel Lois on : 0498391178

Snippets with Michele Slabbert

Winter is the time for citrus. Instead of throwing the skins away, read on....

After eating the inner fruit take Grapefruit halves and let them float in your bath water for a refreshing bath.

Take orange or lemon peel and rub over your body for softening and soothing.

To a lemon half that still retains some juice add a few drops of olive oil for softening the hands or feet. Or add sugar for scrub the hands or feet. This also works well on elbows.

Lemon can also be used rubbed gently over the skin if you forgot the suntan lotion.

Pineapple skin – scrape the residue off the inner skin and use as a cuticle cream

Blossoming Memory

by Riedwaan Norodien

'If my memory serves me right' , this is what we all want our memory to do at all times . Memory is the reservoir of our history, a record of time spent, a compass for orientation in relationship , and the primary medium that enables learning.

“Memory, if only in bits and pieces, to realize that memory is, what makes our lives. Life without memory is no life at all, just as intelligence without the possibility of expression is not really an intelligence. Our memory is our coherence, our reason, our feeling, even our action. Without it, we are nothing.”- Luis Bunuel

One of the saddest , most dreaded and tragic illnesses is Alzheimer's , the decay of memory: for what Alzheimer's negatively emphasizes is the value and the crucial role of memory. The Alzheimer sufferer loses all orientation in relationship, unable even to recognise those whom he loves most. With this decay of memory comes both the death of relationship , and the loss of most of what we learnt to make us independent, functioning individuals.

The Buddha exhorted his learners and disciples to practice mindfulness. But what does it mean to be mindful? It means to be in *conscious recollection* of what we have learnt, to remember what we understand; and to apply it to the circumstance and dynamic incidental situations of our life. Learning, and the mastery of anything, is inextricably bound up with memory: through our memory, conscious and unconscious, we connect our past to the present moment.

The Tibetan Book of the Dead, is to be read aloud to the dying and the freshly dead, as an aid to help them remember their learning and to maintain connection to their understanding, so as to use this to interpret the various psychological stages, the archetypal death experiences we inevitably encounter; in order to optimally benefit from the death experience, because Buddhism accepts the continuity of individuality beyond one physical existence.

The individual ,after the death of his current body, grows another; the quality of the next or following incarnation is influenced and determined by our deeply ingrained mesh of memories. On this basis, of memory of his preceding embodiment displayed in the present, the next Tibetan Lama is identified as the same individual as the preceding one.

“Mindfulness is the path to immortality; heedlessness is the path to death. Those who are mindful die not; the heedless are as if dead already. The wise, those who have realized this efficacy of mindfulness, rejoice in mindfulness, and are drawn to such spheres of activity as engage the Noble Ones”.

Dhammapada

In various cultures ,devices such as beads, mantras, and rituals are used as expedient means to train the memory, and to deepen it (that is, to integrate our conscious recollection with the unconscious memory, so that it eventually becomes an implicit assumption); and as an aid to facilitate the practice of mindfulness of the teaching, the understanding of the teaching, and of Truth or God.

Stories, myths, and fables, were invented to preserve, and to transmit to each new generation, the collective memory of the culture of a society or community: history is fundamentally important for it is the objective record of our collective or communal memory. In many religious cultures, the persons who have committed the sacred texts to memory are held in high esteem; they are celebrated as living cultural monuments.

Islam, in particular, prides itself in its achievement of the literal memorization of the Quran from generation to generation, thus preserving its literal purity.

There are no loose ends in our mind; every faculty is knitting into, and out of the other: action, memory, intellect, and conscience move in synch. In its normal clean state the conscience is at ease; however when there is a contradiction between action and understanding, between memory and truth, the conscience is thrown into disequilibrium which is normally experienced as an unpleasant feeling of dis-ease, which is a prod of conscience to adjust our action to match our understanding, or to equalize memory with truth. When this happens it shows the person is using his mind in an unhealthy way, and can develop further, to express a beautiful mind.

“The great thing in all our education is to make our nervous system our ally instead of our enemy. It is to fund and capitalize our acquisitions, and to live at ease upon the interest of the fund. For this we must make automatic and habitual, as early as possible, as many useful actions as we can, and guard against the growing into ways that are likely to be disadvantageous to us, as we would guard against the plague.” - William James

When we do not move at the prod of our conscience to adjust, we have to fabricate a rationalization to dullen and blot out the natural feeling of dis-ease concomitant with a contradiction in conscience. Many people are able serially to do horrendous actions that contradict both their memory of truth, and their intellectual understanding, and yet appear unperturbed. They are able to do so because they have invented a rationalization that justifies what they do. A rationalization is an anaesthetic to conscience: it suspends the person's feelings, and the prod of his conscience, so that he therefore does not experience empathy toward his victim: it is as if his conscience is lobotomized, sealed off from the other faculties.

“The more things a man is ashamed of, the more respectable he is.” - George Bernard Shaw

The person who is operating his mind in that way, to justify his unwholesome actions, is not minding his mind in a healthy manner; he has corrupted his own mind, therefore he stunts his mind's natural development: to inhibit or corrupt one of the faculties (intellect, conscience, memory) means the others are also going to be infected: thus we say that, such a person has a rotten, or corrupt mind.

***“Stand with anybody that stands right.
Stand with him while he is right and part with
him when he goes wrong.”- A. Lincoln***

Intimacy in relationship grows out of mutual assumption of sentiments, values, and common ownership of memories of experiences and encounters of each other, over the time of the relationship, hence the sad and tragic nature of Alzheimer's, an illness of memory and its involuntary loss; but what is also sad, and experienced as hurtful, and ugly to them that fall victim to it, is the *deliberate* betrayal of communal memory in a relationship: when one party lies against the history of experience with the other; inverts against agreements reached; fabricates inventions of what happened between them: this dynamic of the undermining of communal memory, and mutual agreements catalyses the nemesis of that relationship. In marriage it leads to divorce; among nations in relationship it leads to war.

“If one notices that the mind is defiled by passions or intent on vain pursuits, one should, as a valiant man, curb it vigorously by suitable countermeasures - and this at all times.” - Zen

What is clear, then, is that to cultivate lasting, intimate, and beautiful relationships, there must be constant communication to harmonize with the other; this means that the faculties of all the individuals relating to each other are regularly synchronized, so that amongst each other there is agreement, concordance of intellectual understanding; resonance of conscience, empathy; mutual memory, and common dynamic assumptions, implicit memories.

“Continually increasing is the glory of him who is mindful, who hath aroused himself and is ever alert, who performeth blameless deeds, and acteth with becoming consideration, who restraineth himself, and leadeth a righteous life. Let such an one, rousing himself to mindfulness by self-restraint and self-subjugation make for himself an island which no flood can overwhelm.” - Dhamapada

Contact Riedwaan on email:

email: riedwaan@upwardspiral.co.za

web pages: www.illumind.co

WORDS OF WISDOM THROUGH THE AGES

Daily readings with Michele Slabbert

Things don't change. You change your way of looking, that's all. (Carlos Castaneda)

Even our enemy is useful to us because, in order to practice compassion we need to practice tolerance, forgiveness and patience, the antidotes to anger. (Dalai Lama)

Formerly, when religion was strong and science weak, men mistook magic for medicine; now, when science is strong and religion weak, men mistake medicine for magic (Thomas Szasz)

In the cultivation of the mind, our emphasis should be not on concentration, but on attention. Concentration is a process of forcing the mind to narrow down to a point, whereas attention is without frontiers. (J. Kriehnamurti)

To know the road ahead, ask those coming back (Chinese proverb)

Not only can I not recall my experiences in my previous lives, sometimes I can't even remember what I did yesterday (Dalai Lama)

Blow and you can extinguish a fire. Blow and you can make a fire (Zen koan)

We have to move from the illusion of certainty to the certainty of illusion (Sam Keen)

The reverse side has also its reverse side (Japanese proverb)

Flow with whatever may happen and let your mind be free: Stay centered by accepting whatever you are doing. This is the ultimate (Chuang Tzu)